



Youth Services Forum Minutes

**Tuesday 18 February 2020
10am to 11:45am
Woollahra Council**

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**Youth Services Forum
held on
Tuesday 18 February at 10:00am
Woollahra Municipal Council Chambers
536 New South Head Road
Woollahra NSW 2028**

1. PRESENT & APOLOGIES

Present:	Dani Saric	NSW Police
	Kira Brandt	JewishCare
	Julie MacColl	Ascham School
	Blake Pazmino	The Benevolent Society
	DR Danielle Einstein	Distinct Psychology – The Dip
Staff:	Michelle Plant	Woollahra Libraries Youth Engagement Officer

Apologies:

Mayor Wynne (Woollahra Council), Councillor Maxwell (Woollahra Council), James Bowles (the Scots College) and Rachel Bangoura (Woollahra Council - Community Development)

Emma Lawon (WAYS), Rebecca Wade (Kids Giving Back), Paul Kelly (Beaches Outreach Project), Judith Schulz (Circles of Learning), Andi Smith (Kids Giving Back), Peter Woodward (NSW Police), Lauren Arden (WAYS)

2. MATTERS ARISING FROM PREVIOUS MINUTES

None.

3. GUEST SPEAKER – DR Danielle Einstein (The Dip)

About The Speaker

- Dr Einstein is a researcher and clinical psychologist hoping to share with community members the issue of screen time and the effect this has on mental health and wellbeing of our communities.
- With vast experience in treating and supporting people with anxiety, depression and other mental health difficulties, she has published her book- “The Dip” as well as published support programs for schools, parent groups and online communities to help raise awareness of the impact of screen time on individuals and what can be done to counter the effect screen addiction in users’ every-day life.
- She seeks avenues and opportunities to get this information and research to our communities, to break stigmas and media sensationalism, encourage mental and emotional health awareness and further prevent disorders attributed to screen use.

Research

- Conflict between research and sensationalist media regarding the effect of screen use on young people.
- We are the first generation to deal with this issue as community service members, parents, carers and children. Education is key to raise awareness of the effect technology has on us neurologically as well as emotionally in our day to day life. It is a tool we use to connect as well as disconnect from each other.
- The research on screen time impact is developing- Since screen time can deliver healthy as well as unfavourable outcomes pending use, habits and the individual.
- Having a phone visible effects productivity, Notifications create a hit in Dopamine, awaiting responses create a dip – this effects mood and creates a reward system when messages, emails and ‘likes’ appear. This can lead to phone addiction.
- A Study of 40 000 teens (aged 14 – 17) documented that extended screen time per day correlated with their ability to cope with challenges throughout the day. Subjects who spent 1 hour of screen time were able to cope with challenges better than the 44% of subjects who spent 7+ hours of their day with screen time.

Impact on youth and family

- ‘Phubbing’ Phone Snubbing a concern, behaviours in both in adult and young users.
- Phones creating conflict. Use and behaviour are linked. Parents feel helpless when attempting to remove them, the child often finding alternate access to devices and online connectivity.
- With extensive screen time – The Online world expands as the offline world contracts. Linked to social anxiety, risk taking, anonymity, addiction and depression.
- Barriers for parents – Productivity, reliance on device for fear of forgetting information, responding to the needs of kids when using devices, devices are a coping strategy for dealing with anxiety and FOMO (Fear of Missing Out). Parents need to be aware and control own behaviours and use of devices at home; to model good behaviours and support young users to understand how use effects them.
- Intervention is through educating parents and students, teachers and community services to assist in user awareness of devices and the impact it can have on mental and emotional health. Open dialogue and share information and services out there for support.
- Envy Is a result of depression and social media – resulting in avoidance and social skills. Screen time as a form of escapism to cope.

Action

- Users to distinguish difference between healthy use of apps and those apps that are addictive.
- Turn off notifications in settings, turn phone off, limit use where possible – Out of sight, out of mind.
- Families: Create phone free family time, engage in screen free activities, sort phone apps in folders to be less distracted. Put the phone out of sight – it is not always needed. Use phones/devices to help – rather that support or fill the void. Be role models for phone use.
- Dr Einstein has created programs, delivering information at schools for student, teacher and

parents. She currently seeking funding to put education models and programs together for the Department of Education. Family Action Plan and links to information surrounding screen addiction as well as her book, blog, video and podcast can be found at www.thedip.com

4. DISCUSSIONS FOLLOWING GUEST SPEAKER

- Dani Saric – noted that the new rules and fines regarding phone use whilst driving has decreased device use in cars.
- Michelle Plant- suggested that we could consider running an information session for all ages at the library to spread the word.
- Julie – requested contact details for Dr Einstein to present at Ascham.
- General consensus: This was a great session, it was a pity that many school contacts missed this session. A call for more school contacts to attend the Youth Services forum.

5. INFORMATON SHARE AND SERVICE UPDATES

Blake Pazmino (The Benevolent Society: Shack Youth Services)

- Discussed the referral process and range of programs and activities offered.
- Office has moved to Hurstville.
- Shack Youth Services: Offers School Holiday Programs, Back on track support referrals, case workers and practitioners. Contact information was shared.

Kira Brandt (JewishCare)

- ADHD information session (led by professional) to go ahead on Thurs 5 March – **Flyer to be shared** by Kira. This talk will cover the different perspectives and coping strategies.
- Love Bytes Program – 3 schools contacted to deliver this program informing teens on healthy relationships and domestic violence.
- JewishCare: Big Brother and Sister mentor program referrals are on hold due to demand. JewishCare are seeking volunteers aged 18.

Jacki Maxton (The Shopfront)

- If anyone is interested in trainings please contact The Shopfront.

6. ANY OTHER BUSINESS

None.

7. NEXT MEETING – Tuesday 19 May 2020

